

New Knowledge Adventures Presents:

Hypnosis for Universal Pain Management

Seminar #3:
The Dangers of 'Gurus' and
Ideo-Dynamic Communication

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e

Review of Seminar 1 and 2

- 1) The 2 Basic Skill Sets, the
5 Basic Skills, and the 2
Basic Explanatory Models
- 2) Dualist - Interactionism

Review of Seminar 1

- The 2 Skill Sets
 - Skill Set 1: Muscular Relaxation
 - Skill 1: Progressive Muscular Relaxation
 - Skill 2: Differential Muscular Relaxation
 - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
 - Skill 3: Ideo-Dynamic Responses to Suggestion
 - Skill 4: Appropriating Your Own Space
 - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
 - Edmund Jacobson – The Jacobson Effect
 - Emile Coué - Autosuggestion

Review of Seminar 1 - Explanatory Models

- Edmund Jacobson and the Jacobson Effect
 - Every thought is accompanied by a muscular contraction
 - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
 - Waking suggestion is as powerful as formal hypnosis
 - Autosuggestion is easier than formal hypnosis

Review of Seminar 2

- Part 1: Introduction to the Elements of 'Reality'
 - Demonstration 1: Basic Relaxation
 - VAPMR Exercise
 - Demonstration 2: Self-Directed Visualization
 - Appropriating Space Visualization Exercise
 - Demonstration 3: Guided Visualization
 - Beach Walk Visualization Exercise
 - Demonstration 4: Guided Tour of the Elements of 'Reality'

Review of Seminar 2 (Cont.)

- Part 2: Brief history of the philosophical and scientific investigation of the nature of 'Reality'
 - Plato
 - Siddhartha Gautama – The Buddha
 - Aristotle
 - Descartes
 - The Alchemists
 - Edmund Husserl
 - Karl R. Popper and John C. Eccles

Review of Seminar 2 (Cont.)

- EEG Brain-Wave Patterns
 - Delta
 - Theta
 - Alpha
 - Beta
 - Gamma

Review of Seminar 2 (Cont.)

- Part 3: Hypnosis and Interactive Dualism
 - If there are two distinct but interactive substances, then
 - The two substances can be detached from one another [EEG Theta State]
 - The two substances can be synchronized with one another [EEG Alpha State]
 - The two substances can be coordinated with one another [EEG Beta State]
 - The two substances can be unified with one another [EEG Gamma State]

Review of Seminar 2 (Cont.)

- Detachment Methods [EEG Theta State]
 - Seated Meditation
 - Hypnosis
 - Waking Theta State from Synchronized Alpha State
- Synchronization Methods [EEG Alpha State]
 - Yoga
 - Seated Meditation
 - Hypnosis

Review of Seminar 2 (Cont.)

- Co-Ordination Methods [EEG Beta State]
 - Structured Autosuggestion
 - Mindfulness
- Co-Ordination and Unification Methods [EEG Gamma State]
 - Tai Chi
 - Martial Arts
 - Walking Meditation
 - Athletics in general

Review of Seminar 2 (Cont.)

- Co-Ordination and Unification Methods
[EEG Beta and Gamma States]
 - Tai Chi
 - Martial Arts
 - Walking Meditation
 - Athletics in general

Online Versions of JC Eccles

- Quantum Aspects of Consciousness
 - <http://www.pnas.org/content/89/23/11357.long>
- Evolution of Consciousness
 - <http://www.pnas.org/content/89/16/7320.long>

Q and A

Review of Seminar 1 and 2

Overview of Seminar 3

- Part 1: The Dangers of 'Gurus'
 - Anatomy of an academic fraud – don Juan Matus and Carlos Castaneda
 - The Guru has no clothes – Chögyam Trungpa
 - Nonsense from the Astral Plane - Urantia
 - Sex in the City - Jiddu Krishnamurti, Bishop C. W. Leadbeater, and the Theosophical Society
 - Brilliant analysis from a flawed scholar - Martin Heidegger
 - Nonsense analysis from a brilliant scholar - Carl G. Jung

Overview of Seminar 3 (Cont.)

- Part 2: Ideo-Dynamic Communication
 - Additional pathways to the Unconscious Mind
 - The History of Ideo-Motor Action
 - The Chevreul Pendulum Illusion
 - Ideo-Dynamic Finger Signals
 - Behavioral Kinesiology and the limits of IDC
- Review – Q and A
- Homework

Part 1: The Dangers of 'Gurus'

Developing a Healthy Skepticism
in the Age of Aquarius

Anatomy of an Academic Fraud

- Anatomy of an academic fraud – don Juan Matus and Carlos Castaneda
 - Carlos Castaneda received a Ph.D from UCLA in Anthropology based on his 'academic' research of don Juan and the Sorcerer's Way
 - Questions about his actual research arose before the 1968 publication of "The Teachings of Don Juan: A Yaqui Way of Knowledge."
 - UCLA granted his Ph.D. anyway

Anatomy of an Academic Fraud (Cont.)

- Castaneda (Cont.)
 - By 1976 proof of the fraud was rampant
 - The research was never conducted
 - Don Juan does not exist
 - The Yaqui Way of Knowledge was cobbled together from various books at the UCLA Library
 - Richard de Mille. "Castaneda's Journey."
 - Richard de Mille. "The Don Juan Papers."

The Guru Has No Clothes - Chögyam Trungpa's Miraculous Ascension

- The Guru has no clothes -
 - Chögyam Trungpa was one of the Tibetan monks who fled from Tibet with the Dalai Lama in 1959
 - Trungpa founded the Shambhala Meditation Centers, headquartered in Boulder, CO
 - Official version of his death indicated that he entered a state of meditation from which he did not return
 - His body purportedly remained without decay and his heart remained warm for 5 days following his death

The Guru Has No Clothes - Chögyam Trungpa's Miraculous Ascension (Cont.)

- Trungpa (Cont.)
 - His body was packed in salt and cremated, at which time there were supposedly many atmospheric events such as rainbows, eagles circling, and clouds in mystical formations
 - Georg Feuerstein. "Holy Madness." – Chögyam Trungpa's Miraculous Ascension
 - Sex parties, drugs, alcohol
 - His Doctor's Report: Death from persistent alcoholism

Nonsense From the Astral Plane

- Urantia

- Published in 1955, it is 2,097 pages long and weighs 4.3 pounds
- The work of a group of people who met as The Forum in Chicago, IL to discuss information that Kellogg had started channeling beginning around 1911
- Dictated to Dr. William Samuel Sadler and his brother-in-law, Wilfred Custer Kellogg by discarnate entities while Sadler, Kellogg, and others of the Forum were in a mediumnistic trance
- Sadler was a lifelong Seventh Day Adventist until the revelation of massive plagiarism by Adventist founder Ellen White surfaced in the early 1900's

- Martin Gardner. "Urantia: The Great Cult Mystery."

Sex in the City – Krishnamurti and the Theosophists

- Jiddu Krishnamurti was selected by Charles Webster Leadbeater to be the 'World Teacher' of the Theosophists in 1908, age 13
- From 1911 to 1925 he travelled with his brother, Nityananda, Leadbeater and Annie Besant, giving lectures on Theosophy around the world
- Nitya died in 1925
- "The Process" – 'Paranormal' experiences of pain and peace proving he was the New Messiah
- Krishnamurti repudiated Leadbetter, Besant and the Theosophists in 1929

Sex in the City – Krishnamurti and the Theosophists (Cont.)

- Francis King – “Sexuality, Magic and Perversion”
 - Leadbeater was a predatory homosexual
 - Several known instances of this in Theosophical circles, including criminal charges that were quashed
 - Krishnamurti and his brother caught Leadbeater’s eye in 1908 while they were bathing outdoors near the Theosophical Headquarters in Adyar, Madras India
 - Krishnamurti agreed to go with Leadbeater if his brother went with him

Sex in the City – Krishnamurti and the Theosophists (Cont.)

- Krishnamurti (Cont.)
 - Father signed a contract with Leadbeater to allow the boys to accompany him
 - Later, in 1912, father filed an unsuccessful lawsuit to annul the contract
 - Krishnamurti's "Process" the result of continued sexual predation and other mind-control methods employed by Leadbeater

Brilliant Analysis From a Flawed Scholar

- Martin Heidegger

- Academic 'Weasel'

- Buttered up his sponsor, Edmund Husserl, so that he would be recommended for an academic position
 - In his private writings and conversations, he stabbed Husserl in the back at every opportunity
 - After his appointment as a Professor, he immediately began publishing materials critical of Husserl's Phenomenology

Brilliant Analysis From a Flawed Scholar (Cont.)

- Martin Heidegger (Cont.)
 - Nazi
 - Chancellor's Address of 1933 filled with Nazi slogans and propaganda
 - Tried after the war, found guilty of collaboration, and required to give up teaching for 7 years
 - Philanderer
 - Long-time affair with Hannah Arendt

Brilliant Analysis From a Flawed Scholar (Cont.)

- Martin Heidegger (Cont.)
 - “Being and Time” published in 1927
 - Brilliant application of phenomenology
 - Ushered in the era of modern existentialism
 - All his published works are models of academic decorum and research

Nonsense Analysis from a Brilliant Scholar

- Carl Gustav Jung
 - Brilliant analysis of the Collective Unconscious
 - Medieval Scholarship and the explication of the psychology of alchemy
 - Depth and breadth of scholarship

Nonsense Analysis from a Brilliant Scholar (Cont.)

- Jung's Seminar on Nietzsche's Zarathustra
 - Presented from 1934 to 1939
 - Brilliant analysis of the Germanic mindset leading up to WWII
 - Attempt at psychoanalyzing Nietzsche based on "Thus Spake Zarathustra"
 - Complete nonsense
 - Cannot psychoanalyze at a distance
 - Misunderstanding of the philosophical issues
 - Text not included in his Collected Works

Class Discussion

'Gurus' in the Age of Aquarius

Part 2: Ideo-Dynamic Communication

Additional Pathways to the
Unconscious Mind

History of Ideo-Motor Action

- Michel Eugene Chevreul. "The Divining Rod, The Exploratory Pendulum, Table Turning from the Point of View of History and a Critique Using the Experimental Method." 1854
- William James. "The Principles of Psychology." 1890
- Edward L. Thorndike. "Ideo-Motor Action." The Psychological Review, March 1913, Volume 20, Number 2
- Edmund Jacobson. "Progressive Relaxation." 1929

The Chevreul Pendulum Illusion

- Described by Chevreul in 1854
- Leslie M. LeCron. "Self-Hypnotism: The Technique and Its Use in Daily Living."
 - 4 Responses
 - Show Graph

Ideo-Dynamic Finger Signaling

- Developed by Milton H. Erickson, Ernest L. Rossi and David B. Cheek
 - “Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis.” 1988
 - Same 4 responses as the Pendulum
 - 4 different fingers, both hands if needed

Behavioral Kinesiology

- John Diamond. "Your Body Doesn't Lie."
1979
 - Paperback version of the hardback -
"Behavioral Kinesiology: How to Activate Your
Thymus and Increase Your Life Energy."
 - Version of Sortilege, a binary method of
divination developed in ancient times
 - Demonstration

Behavioral Kinesiology (Cont.)

- Diamond (Cont.)
 - Used to discover which foods, vitamins, etc. are best for you
 - Music, books, people, etc.
- Three scientific studies
 - "Applied Kinesiology Unreliable for Assessing Nutrient Status." 1988
 - "Double-Blind Study on Materials Testing with Applied Kinesiology." 2005
 - "Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements." 1999

Class Discussion

Ideo-Dynamic Communication and
the Limits of IDC

Homework

- Continue to Practice Your Basic Skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses to Suggestion
 - Hot and Cold Hands, Feet, Arms
 - Arms and hands floating
 - Acquiring Your Own Space
 - Structured Autosuggestion

Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills
 - Chevreul Pendulum,
 - Ideo-Dynamic Finger Signaling
 - Behavioral Kinesiology

Q and A